



Your girl's future is built on the confidence she has today.

The Girls on the Run program focuses on the whole person- mind, body and social connection. The evidence-based curriculum includes:

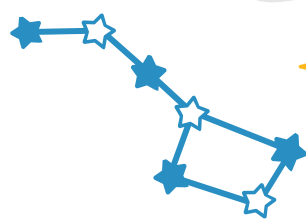
Joyful **physical movement-based** activities

Relevant group discussions that teach life skills and **critical thinking**

Setting goals in preparation for a celebratory 5K

Trained coaches who teach the importance of **nurturing emotional health**

Lessons that create a sense of belonging and acceptance to make a **welcoming place for all**



IN A RECENT SURVEY, 98% OF PARTICIPANTS REPORT THAT THEY:

Get involved with a program that inspires leadership, healthy habits, and new friendships all at once.



HAD FUN AT PRACTICE



WOULD RECOMMEND THE PROGRAM TO A FRIEND



FELT THAT THEIR TEAMMATES SUPPORTED THEM



LEARN MORE!

Build confidence that lasts a lifetime.

